

## Fish meal Stick Mix by Rich Seeds

This stick mix has been made so it can be fished in any scenario, whether it's on its own or over baited areas. This is due to it being made from ingredients that all fish are attracted to and, in most cases carp have been reared on so will have an almost instant recognition of them as food related tastes and flavours. The main reason for using sticks with your hook bait is to add even more attraction to it and draw the fish's attention to the area around your hook bait. Sticks are also great for stopping tangles and just giving you that added bit of confidence that the fish will be able to find your hook bait a little easier.

Sticks have the advantage that in colder months, where you might only be fishing singles, they are a great little mouthful of attractants and won't feed the fish off.

The great thing with making your own personalised stick mixes is that there are probably not many people using exactly the same combinations, so with a bit of playing around you can customise your stick mixes to have a real edge.

Another point is that making them up yourself you will have plenty of the ingredients and oils left over to make up more mixes to try or to help flavour other baits like particles etc.

The stick mix breaks down to leave a great little meal around your hook bait.



The ingredients to make a mix:

- Marine pellet powder
- Salmon micro feed
- Mini ultra mix
- Purified blood powder
- Pure salmon oil
- Tuna essence

### Step 1:

Add around ½kg of marine pellet powder to a container; this powder will make the main base of the mix. It is very fine and will break down and disperse into the water very well.



### Step 2:

Add around 250g of salmon micro feed (also known as salmon fry crumb). These are very fine pellets and are great for building up a mix.

These pellets are nice and light as they are so small. Any disturbance will move them about which is what will really help with releasing the flavours of the mix. They will also keep the fish feeding longer as they are hard for them to find and keep them rooting around near your hook bait.



### Step 3:

Add a small handful of purified blood powder; this powder is very soluble in the water and leaks off very well.



### Step 4:

Add a couple of handfuls of the mini ultramix; this is a great pellet mix containing a wide variety of types and sizes of pellet that all carp love. The different sizes will break down at different times and keep attractors leaking at a steady rate resulting in your hook bait area staying very attractive for quite some time.



This also gives it a bit of a crunch and it should last longer around your hook bait. Now thoroughly mix this together.

### Step 5:

It's now time to start adding the oils to the mix; add 10ml of tuna essence as this adds a lovely edge to the mix. Fish really like this oily, strong fish flavour. Mix this in thoroughly.



### Step 6:

Now add 60 ml of salmon oil. Salmon oil is an all time classic and one of the most popular oils around.



A lot of the commercially produced pellets contain salmon oil and most carp have been reared on pellets containing salmon oil at some stage so this oil is a real winner. The great point about CC Moore salmon oil is that it has to be 'winterized' so it is effective at all times of the year and will not solidify in your mix in the winter.

Once again give this a really good mix so that all the oil works its way through the bait.



The mix is now ready to use. To get the best out of your mix it should be left to stand a couple of hours at least- or overnight if possible so that the oils can be fully absorbed.

This is what the stick looks like as it breaks down.



Good Luck

Rich Seeds

